

Be in the Moment

Be Present. Be Well.

WELL WISCONSIN EMPLOYER NEWSLETTER | JULY 2021, ISSUE NO. 7

PARTICIPANT COMMUNICATIONS

Here is a list of the Well Wisconsin program communications that are scheduled to send this month.

7/6: Rethink Your Drink invite email

7/15: Health Coaching email

7/22: Well Wisconsin Radio email

7/28: Daily Habits email

**content and dates subject to change*



EMPLOYER SPONSORED ACTIVITY

The employer sponsored activity program helps you plan health and well-being activities for the employees at your location. Employees that participate can earn well-being credit in the Well Wisconsin program!



July: Summer Bucket List Challenge

This month's challenge invites you to pick some great summer activities to "fill your bucket!" Employees will receive a checklist to keep track of activities they do. Those who choose to participate will receive a code to self report their completion on the Well Wisconsin website. For more information, materials, and the code please email kmulcahey@webmd.net



WELL WISCONSIN RADIO

Well Wisconsin Radio is a monthly podcast style program that interviews health and wellness experts from around the state. Participants can get credit for attending live or by listening in to the recording. Click below to register.

July 27: Noon to 12:30

Topic: Sustainable Fishing in Wisconsin

Expert: Sharon Moen

Registration link and details: [HERE](#)

**content and dates subject to change*

OTHER NEWS

We have another challenge starting in July! The Rethink Your Drink hydration challenge runs from July 12th-August 8th, registration begins on July 1st. Employees can register to sign up for this challenge and then track their water intake for 28 days. The goal is to drink 6 or more glasses of water for 21 out the 28 days. Employees that track for at least 21 days will get well-being credit for participating.

JUST FOR FUN



This monthly newsletter is produced by WebMD. For questions or more information please email mmeinen@webmd.net. Participant questions can be directed to customer service at 800-821-6591